



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE WITH EVERY STROKE

Summer Swim Programs

8 Week Session: classes meet on Saturdays, June 30 through August 18

4 Week Session: classes meet twice a week.

- > **Summer Session 1:** June 25 through July 19,
- > **Summer Session 2:** July 23 through August 16
- > Registration will begin on June 4 for all summer swim lessons
- > Makeup classes for weather related cancellations will be held on a scheduled Friday

PARENT & CHILD STAGES

Ages 6 months – 3 years

30 Minutes

Members: \$85

Program Participants: \$130

A. Water Discovery

Saturday 8:30am

B. Water Exploration

Saturday 9:05am

PRESCHOOL STAGES

Ages 3 – 5 years

30 Minutes

Members: \$85

Program Participants: \$130

1. Water Acclimation- Preschool

Monday & Wednesday 10:00am

Monday & Wednesday 4:00pm

Monday & Wednesday 5:45pm

Tuesday & Thursday 10:00am

Tuesday & Thursday 5:10pm

Saturday 9:40am, 11:25am

2. Water Movement- Preschool

Monday & Wednesday 10:30am

Monday & Wednesday 4:35pm

Tuesday & Thursday 10:00am

Tuesday & Thursday 4:00pm

Saturday 10:15am

3. Water Stamina- Preschool

Monday & Wednesday 10:30am

Monday & Wednesday 5:10pm

Tuesday & Thursday 4:35pm

Tuesday 10:30am

Saturday 10:50am

4. Stroke Introduction- Preschool

Tuesday 10:30am

Saturday 11:30am

5. Stroke Development- Preschool

Saturday 11:00am



YOUTH STAGES

Ages 6 years & up

45 Minutes

Members: \$112

Program Participants: \$168

1. Water Acclimation- Youth

Monday & Wednesday 10:00am *

Saturday 8:30am

2. Water Movement- Youth

Monday & Wednesday 6:00pm

Saturday 9:20am

3. Water Stamina- Youth

Saturday 9:20am, 11:00am

4. Stroke Introduction- Youth

Saturday 8:30am, 10:10am

5. Stroke Development- Youth

Monday & Wednesday 6:45pm

6. Stroke Mechanics- Youth

Saturday 10:10am

Competitive Stroke

Saturday 8:30am

THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue

Red Bank, NJ 07701

P. 732.741.2504 ext. 223

aquatics@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered
based on availability of funds